

# ADULTS

## Arts/Dance/Leisure Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

### Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

#### Beg./Ages 13+

No class 7/5. 6 weeks.

#10766	Mon	Jun 21-Aug 2	6:15 pm-7:30 pm
\$39(R)/\$45(N)		Ages: 13 +	Mangan Site: RBC

#### Adv./Ages 13+

6 weeks.

#10763	Tue	Jun 22-Jul 27	6:30 pm-7:45 pm
\$39(R)/\$45(N)		Ages: 13 +	Mangan Site: RBC

#### Adv./Ages 13+

6 weeks.

#10764	Thu	Jun 24-Jul 29	6:30 pm-7:45 pm
\$39(R)/\$45(N)		Ages: 13 +	Mangan Site: RBC

#### Adv. Beg./Ages 13+

6 weeks.

#10765	Thu	Jun 24-Jul 29	7:45 pm-9:00 pm
\$39(R)/\$45(N)		Ages: 13 +	Mangan Site: RBC

### Ballroom Dance

Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only.

#### Beginner

6 weeks.

#10797	Wed	Jul 7-Aug 11	7:30 pm-8:30 pm
\$61(R)/\$70(N)		Ages: 16 +	Mola Site: GM

#### Intermediate

6 weeks.

#10985	Wed	Jul 7-Aug 11	8:30 pm-9:30 pm
\$61(R)/\$70(N)		Ages: 16 +	Mola Site: GM

### Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. Dancers move according to their interpretation of the music using the fine muscle control of the torso, arms and hips. Note: Wear exercise apparel and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course.

No class 7/1. 6 weeks.

#10987	Thu	Jun 17-Jul 29	7:00 pm-8:00 pm
\$39(R)/\$45(N)		Ages: 14 +	Amara Site: TCRC

No class 7/1. 6 weeks.

#10988	Thu	Jun 17-Jul 29	8:00 pm-9:00 pm
\$39(R)/\$45(N)		Ages: 14 +	Amara Site: TCRC

### Dog Obedience

You CAN teach an old dog new tricks! Learn how to handle those problem pets or how to prevent young dogs from developing bad habits. Note: The trainer should be at least 12 years old and physically capable of handling the dog. Current vaccination is required. Family members are welcome to attend and participate in the training. Fee is per dog. Dogs of all ages welcome. Instructor will assist with individual behavior problems if time permits. Call weather line at 240-314-5023 for status of class.

6 weeks.

#10989	Wed	Jun 16-Jul 21	6:00 pm-7:00 pm
\$33(R)/\$38(N)		All Ages	Klym Site: SC



## May is National Bike Month

*Dust off your bike and do some pedaling this Month!*

**Events include:**

**Bike to Work Day**

Friday, May 7

**Ride for Rockville**

Sunday, May 30

Watch for new bike paths constructed this Summer!  
Learn about Bicycle Recycling Program

**For Information: 240-314-8626**

## ADULTS

SUMMER 2004

**Easy Knit Tops for Beg. Knitters**

Learn how to cast on, knit, purl, cast off and follow a simple pattern! Knitting is a great craft and a great stress reliever. Join us for this easy to learn activity and create something all by yourself. Note: List of materials you will need to purchase will be given out at first class. \$10 supply fee for basics to get you started payable to the instructor at the first class.

4 weeks.

#11348	Tue	Jul 6-27	6:30 pm-8:00 pm
\$21(R)/\$24(N)	Ages: 16 +	Bahr	Site: GMC

**Fitness/Sports Classes**

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted. Call weather line at 240-314-5023 for status of class.

**Body Sculpting**

Pump-up your metabolism! This non-aerobic, high-energy workout focuses on muscular strength and endurance using hand-held weights, steps and various other resistance forms. You will love the way you look and feel! Note: Wear aerobic shoes, comfortable clothing and bring 3-5 pound weights.

6 weeks. Register for all three of the following courses and receive a \$7 discount: #11186, #11309 and #11202. To receive a discount, register by mail, fax, or in-person.

#11186	Tue	Jun 22-Jul 27	6:20 pm-7:20 pm
\$30(R)/\$35(N)	Ages: 15 +	Quintiere	Site: SC

**In-Line Skating for Adults - Beg.**

Learn how to skate, stop, shift weight, develop balance, and fall and get up correctly in a fun, safe environment. Note: Participants must bring in-line skates (no roller or plastic skates permitted), wrist guards, elbow, kneepads and helmet. For equipment information, call Cindy at 301-365-2104. Call weather line at 240-314-5023 for status of class.

5 weeks.

#11192	Sat	Jul 10-Aug 7	11:30 am-12:30 pm
\$35(R)/\$40(N)	Ages: 16 +	Hustead	Site: ESCC

**Kick Boxing**

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. Note: Classes held at World Karate Masters, 4935 Wyaconda Road, Rockville.

Note: Class will be held 7/3. 9 weeks.

#11196	Sat	Jun 26-Aug 21	10:00 am-10:45 am
\$50(R)/\$58(N)	Ages: 14 +	Latchinian	

**AT WELSH PARK**

Skate Park open weekends through May 24. Open 7 days a week after May 24th

Join the **SK8Park** or renew your membership and receive a **SK8Park** versatile ID pouch.

*Your name will be entered into a drawing to win a reconditioned Mountain Bike.*

**May 30:** Drawing will be held and 4 Bikes will be given away.

**For information, call 240-314-8620**

**Time on Your Hands?**

*Want to Meet Interesting People?*

**The Rockville Senior Center needs volunteers who enjoy working with seniors.**

Daytime positions available in the Gift Shop, Thrift Shop and Computer Lab and at the Information Desk.

Hours are flexible, but generally occur between 10 a.m. and 2 p.m.

Evening positions include Bingo callers and floor workers on Wednesday nights from 6-10 p.m.

**If interested, call 240-314-8800 or visit the Rockville Senior Center and complete a volunteer application.**

*You do not have to be a senior to volunteer in this rewarding setting.*

### Indoor/Outdoor Climbing Class

Learn from the best of both worlds. Spend Friday evening at the indoor gym learning the basics of equipment and safety. Saturday morning the class will reconvene at one of the local climbing areas. Here you will learn how to use the skills you acquired the night before and put them into action in the outdoor environment. All equipment will be provided.

Friday, April 23, 7-9 p.m. Saturday, April 24, 9 a.m.-4 p.m.  
 #10715 Fri & Sat Apr 23 & 24  
 \$61(R)/\$76(N) Ages: 18 + Site: CG

### REP Reebok™

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided.

6 weeks. Register for all three of the following classes and receive a \$7 discount: #11186, #11309 & #11202. To receive a discount, register by mail, fax or in-person.

#11309 Thu Jun 24-Jul 29 6:15 pm-7:15 pm  
 \$33(R)/\$38(N) Ages: 15 + Quintiere Site: SC

### Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises. There is no running or jumping in class. Classes are designed to maintain fitness, improve muscle strength and reduce sports injuries. Note: Bring a mat to class. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

No class 7/5. 7 weeks.

#11201 Mon Jun 21-Aug 9 10:00 am-11:00 am  
 \$32(R)/\$37(N) Ages: 15 + Creamer Site: TCRC

### Step Aerobics

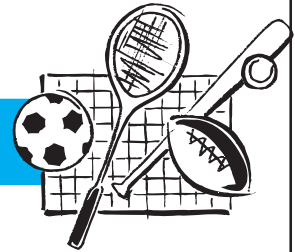
For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. All levels welcome.

6 weeks. Register for all three of the following courses and receive a \$7 discount: #11202, #11186 & #11309. To receive a discount, register by mail, fax or in-person.

#11202 Tue Jun 22-Jul 27 5:30 pm-6:15 pm  
 \$30(R)/\$35(N) Ages: 15 + Quintiere Site: SC

## Get Involved in Adult Team Sports

### "HAVE A BALL" THIS FALL!



#### MEN'S TOUCH FOOTBALL

League play begins September 8

#### MEN'S SOFTBALL

League play begins August 29

#### CO-REC SOFTBALL

League play begins week of August 30

#### WOMEN'S SOFTBALL

League play begins September 10

#### CO-REC VOLLEYBALL

League play begins September 13

#### MEN'S VOLLEYBALL

League play begins September 8

#### WOMEN'S VOLLEYBALL

League play begins September 2

#### GOT A TEAM TOGETHER?

Send us your name and address, and we'll place you on the mailing list for complete information about the league of your choice.

#### WANT TO JOIN A TEAM?

Send us your name, day and evening phone numbers, and we'll place you on a list made available to coaches in the league of your choice.

#### Send your information to:

**Adult Sports**, City of Rockville, 111 Maryland Avenue, Rockville, MD 20850. Be sure to indicate in which league you are interested.

## ADULTS

SUMMER 2004

### Stroll and Tone® - Mom and Baby

You're tired! But you can do it, Mom! Exercise outdoors with a personal trainer whose specialty is to help moms lose their pregnancy weight. In this intense workout, stretch, power walk, tone and sweat. All you need to bring is your baby/toddler in a stroller and a towel or mat. Call the weather line at 240-314-5023 for status of class if weather is questionable.

8 weeks.

#11310 Tue Jun 22-Aug 10 12 noon-1:00 pm  
\$99(R)/\$114(N) Ages: 18 + Karabaic Site: KFP

### Tennis for Adults - Adv. Int.

For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

No class 7/5. 4 weeks.

#11207 Sat Jun 26-Jul 17 10:00 am-10:50 am  
\$29(R)/\$33(N) Ages: 16 + TBA Site: KFP

### Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

5 weeks.

#11208 Mon Jun 21-Jul 19 6:00 pm-6:50 pm  
\$36(R)/\$41(N) Ages: 16 + Illanes Site: DP

No class 7/3. 5 weeks.

#11209 Sat Jun 26-Jul 24 9:00 am-9:50 am  
\$36(R)/\$41(N) Ages: 16 + TBA Site: KFP

### Tennis for Adults - Intermediate

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Participants should bring a racquet; balls are provided. Call the weather line at 240-314-5023 for status of class.

4 weeks.

#11210 Wed Jul 7-Jul 28 7:00 pm-8:30 pm  
\$43(R)/\$49(N) Ages: 16 + White Site: WGP

### Tennis for Adults - Novice

For players who have a fundamental knowledge of tennis and are familiar with grips and strokes. This player has difficulty sustaining a rally and cannot control the ball consistently. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

#11211 Mon Jun 21-Jul 19 7:00 pm-8:00 pm  
\$36(R)/\$41(N) Ages: 16 + Illanes Site: DP



## DONATE A BIKE

**Got a bike that you're not using and would like to donate to a needy Rockville Resident?**

**Donating your bike is tax deductible!**

Call the City of Rockville Bikeway Coordinator at 240-314-8626 or drop off the bike at the Croydon Creek Nature Center (852 Avery Road, Behind the Glenview Mansion in Rockville Civic Center Park)

Tues.-Sat., 9 a.m. - 5:30 p.m. or Sun., 1-5:30 p.m.



## LESSONS... LESSONS... LESSONS

If you're interested in learning golf, or just improving your game, lessons are available from RedGate's teaching pro, Marty Johnson...  
Call 240-314-8734 for details!!!





# Twinbrook Community Recreation Center

Rental available for  
Birthday Parties &  
other events

Twinbrook Community Recreation Center • 12920 Twinbrook Parkway, Rockville, MD 20851 • 240-314-8830

Monday - Friday 6:00 a.m. to 9:30 p.m. • Saturday 8:30 a.m. to 9:30 p.m.

Sunday 10:00 a.m. to 6:00 p.m.

## Annual Center Membership

Center Membership includes use of the gymnasium and the computer lab for all ages for drop-in activities, such as, basketball, volleyball, badminton, and table tennis. The gym schedule changes with each season.

## Summer Schedule

<b>Mondays</b>	6-8:30 am Noon-1 pm 3:30-6:30 pm 6:30-9:15 pm	Open Gym Open Gym Open Gym Adult Full Court Basketball	<b>Fridays</b>	6-8:30 am Noon-1 pm 3:30-6 pm 6-9:15 pm	Adult Full Court Basketball Open Gym Open Gym Family Basketball
<b>Tuesdays</b>	6-8:30 am 3:30-7 pm	Open Gym Open Gym	<b>Saturdays</b>	8:30 am-6 pm 6-9 pm	Open Gym Private Rentals
<b>Tuesday &amp; Thursday</b>	11:30 am-1 pm 7-9:15 pm	Adult Full Court Basketball Co-ed Volleyball (Ages 16+)	<b>Sundays</b>	10 am-2:30 pm 2:30-5:45 pm	Open Gym Badminton
<b>Wednesdays</b>	6-8:30 am Noon-1 pm 3:30-9:15 pm	Open Gym Open Gym Open Gym			

## Center Membership Fees

City Resident: \$15 per year	Nonresident: \$30 per year
City Resident Family: \$45 per year	Nonresident Family: \$80 per year
Large Families: \$90(R) per year	Large Families: \$180(N) per year
City Resident Daily: \$5	Nonresident Daily: \$7

## Fitness Memberships

Fitness Memberships includes use of the Fitness Center for members 18 years and older, use of the gymnasium and the computer lab. Youth 13-17 years old may use the fitness center only with adult supervision. The Fitness Center features state of the art equipment: treadmills cross trainers, bicycles, Hammer Strength resistance machines and free weights. A certified fitness trainer is on staff and will conduct free group training sessions for a maximum of three participants on the proper use of the equipment. Sessions are held on Tuesdays, from 11:30 a.m.-1:30 p.m. and on Thursdays, from 6-8 p.m. Registration is required. Call 240-314-8830 for an appointment. Also, personal training sessions may be arranged for \$35 for a one-hour session with the certified fitness trainer.

## Fitness Membership Fees

City Resident: \$135 per year	Nonresident: \$190 per year
City Resident Senior/Youth: \$110 per year	Nonresident Senior/Youth: \$150 per year
City Resident Adult & Spouse: \$245 per year	Nonresident Adult & Spouse: \$345 per year
City Resident Monthly: \$15 per month	Nonresident Monthly: \$20 per month
City Resident Family Rate: \$245+ \$80 per child (ages 13-17)	
Nonresident Family Rate: \$345+ \$90 per child (ages 13-17)	
City Resident Daily: \$5	Nonresident Daily: \$7

## Center Rentals

The multi-purpose room is available for private rentals for small groups of people, 50 maximum.

City Residents: \$30 per hour	Nonresidents: \$40 per hour
New rates July 1, 2004: City Residents: \$35 per hour	Nonresidents: \$46 per hour

The gymnasium is available for private rentals for sports activities only, such as basketball, volleyball and badminton games on Saturdays, 6-9 p.m., June through August.

City Residents: \$65 per hour	Nonresidents: \$75 per hour
Two-Hour Minimum	

Note: Phone TCRC for other rental options or look on our Web site: [www.rockvillemd.gov](http://www.rockvillemd.gov)

## ADULTS

SUMMER 2004

### Adult Internal Arts and Martial Arts

Today, more and more people are focusing on preventive health care based on body/mind/spirit integration. Meditative activities have been practiced for centuries and are known to promote physical and mental well-being. Note: Wear comfortable clothing.

#### Nia - Movement/Fitness

If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

6 weeks.  
#10991 Wed Jun 21-Aug 25 6:30 pm-7:45 pm  
\$56(R)/\$64(N) Ages: 16 + Liss Site: SC

#### Pilates

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

8 weeks.  
#11197 Wed Jun 23-Aug 11 7:30 pm-8:30 pm  
\$68(R)/\$78(N) Ages: 16 + Hallman Site: TCRC

8 weeks.  
#11198 Wed Jun 23-Aug 11 6:30 pm-7:30 pm  
\$68(R)/\$78(N) Ages: 16 + Hallman Site: TCRC

#### Self-Defense for Women

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. Note: Classes held at World Karate Masters, 4935 Wyaconda Road, Rockville.

10 weeks.  
#11200 Tue Jun 22-Aug 24 7:30 pm-8:30 pm  
\$55(R)/\$63(N) Ages: 15 + Latchinian

#### T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

10 weeks.  
#11205 Wed Jun 23-Aug 25 7:45 pm-8:45 pm  
\$60(R)/\$69(N) Ages: 18 + Sambuco Site: SC

### Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do. Note: Classes held at World Karate Masters, 4935 Wyaconda Road, Rockville.

8 weeks.  
#11206 Thu Jun 24-Aug 12 8:00 pm-9:00 pm  
\$44(R)/\$51(N) Ages: 15 + Latchinian

### Yoga - Beginner and Continuing

Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block release movements. Note: All levels of experience are welcome. Bring a sticky mat and blanket to class.

No class 7/27. 9 weeks.  
#11005 Tue Jun 22-Aug 24 6:15 pm-7:15 pm  
\$67(R)/\$77(N) Ages: 15 + Smith Site: TCRC

No class 7/27. 9 weeks.  
#11006 Tue Jun 22-Aug 24 7:30 pm-8:30 pm  
\$67(R)/\$77(N) Ages: 15 + Smith Site: TCRC

### Yoga - Intermediate

Strengthen, tone and stretch muscles and joints while releasing tension and relaxing the mind. Yoga exercise starts gradually and works on every part of the body. Note: Bring a mat to class. The intermediate level is for physically fit participants or for those with previous experience. New Yoga students should register for Gentle Hatha Yoga.

10 weeks.  
#11007 Thu Jun 24-Aug 26 7:45 pm-9:00 pm  
\$74(R)/\$85(N) Ages: 15 + Miller Site: SC

### Yoga for Strength, Wholeness & Health

Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat or large towel to class.

6 weeks.  
#11008 Tue Jun 22-Jul 27 7:00 pm-8:15 pm  
\$44(R)/\$51(N) Ages: 16 + Ruffieux Site: ESCC

### Yoga Gentle Hatha - Beginner

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class.

10 weeks.  
#11009 Thu Jun 24-Aug 26 6:15 pm-7:30 pm  
\$74(R)/\$85(N) Ages: 15 + Miller Site: SC

## Yoga-lates

We combine the best of Yoga and Pilates so you can have a terrific energizing workout to both your mind and body. Join us and experience the core strengthening exercises of Pilates combined with many Yoga postures.

6 weeks.

#11082 Wed Jun 23-Jul 28 12:15 pm-1:15 pm  
\$44(R)/\$51(N) Ages: 16 + Bowen Site: TCRC

## Special Interests

### Volunteer Opportunities

Be a Volunteer! Share time with others.

### Junior Leader Recreation Volunteers

Volunteer opportunities for high school students who wish to earn their high school Service Learning credits with the Department of Recreation and Parks. Varying time blocks are available. For information, call Karen Rawlins at 240-314-8633.

#11328 7 days a week Jun 14-Jul 25 8:00 am-10:00 pm  
No fees Ages: 13-18 Rawlins

## Celebrate Rockville! 19th Annual Rockville Rotary Twilight Runfest Saturday, July 17

7 p.m. Festival Begins  
8:45 p.m. 8K Race  
Run in the 2004 Rockville Rotary Twilight Runfest.

- 8K and 1-Mile "Fun Run"
- Awards/Random Prizes
- T-Shirts
- Post-Race Festival

Entry forms are available at Rockville City Hall or send a stamped, self-addressed envelope to Department of Recreation and Parks, City of Rockville, 111 Maryland Ave., Rockville, MD 20850 or call 240-314-8620 for more information.



## Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are offered geared to novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.



## White Water Adventure

Experience the whitewater in wild, wonderful West Virginia. We'll spend the morning rafting down the Shenandoah River near Harper's Ferry and picnic on the river. All equipment is provided and an outfitter will guide each raft. Cost includes outfitter fees, picnic lunch, transportation and leadership. Register by: 7/26.

#11353 Sat Aug 7 7:00 am-4:00 pm  
\$86(R)/\$108(N) Ages: 30 +

## Hike Sugarloaf

Hike the Northern Peaks Trail on nearby Sugarloaf Mountain. Enjoy spectacular views of the countryside on this moderately difficult 7-mile hike. Bring a picnic lunch and relax and eat on the rocks at the summit. Cost includes transportation and leadership. Register by: 7/15.

#11354 Sun Jul 25 8:00 am-5:00 pm  
\$42(R)/\$53(N) Ages: 30 +

**Note: For more Adult trips, see pages 34-35.**

## Rockville Sister City Corp.

Sister Cities with Pinneberg, Germany  
Since 1957 Building Friendships Across the Sea

### JOIN TODAY!

Individuals \$15

Family Memberships only \$25

Call 240-314-5029 for more information.

<http://www.rocknet.org/community/sistercities/index.html>

# GROWERS ONLY FARMERS' MARKET



Farm-fresh fruits and vegetables, bedding plants, cut flowers, preserves, herbs, baked goods, and more are available at Rockville's downtown Farmers' Market. Week after week the Farmers' Market transforms itself as different fruits and vegetables become available throughout the season. All items are fresh picked daily. Join us every week!

**East Montgomery Ave.**  
**Wednesdays, June 2 - Oct. 27**  
**11 a.m. - 2 p.m.**

**New Location:**  
**Parking lot on corner of Route 28 & Monroe St**  
**Saturdays, May 15 - Oct. 30**  
**9 a.m. - 1 p.m.**

## APPROXIMATE HARVEST DATES

### VEGETABLES

Asparagus  
Beans  
Beets  
Broccoli  
Cabbage  
Cantaloupes  
Carrots  
Corn  
Cucumbers  
Eggplant  
Gourds  
Herbs  
Lettuce  
Okra  
Onions  
Peas (green)

Availability  
April 25-June 15  
June 10-Sept. 15  
July 4-Sept. 1  
July 10-Nov. 1  
June 1-Sept. 15  
July 15-Sept. 15  
July 10-Sept. 15  
June 25-Sept. 15  
July 1-Sept. 1  
July 25-Sept. 10  
Sept.-Oct.  
All Season  
All Season  
July 15-Aug. 30  
June & July  
June 10-July 1

Peppers  
Potatoes  
Potatoes (sweet)  
Pumpkins  
Spinach (Spr.)  
Spinach (Fall)  
Squash (Summer)  
Squash (Winter)  
Tomatoes  
Turnips  
Watermelons  
Bed Plants  
Veg. Plants

Availability  
July 25-Sept. 30  
All Season  
Sept. 5-Oct. 30  
Sept. 10-Nov. 30  
May  
Oct.-Nov.  
June 25-Sept. 1  
Aug. 1-Sept. 30  
July 4-Sept. 15  
Aug. 15-Nov. 1  
Aug. 1-Oct. 1  
April-May  
April-May

### FRUITS

Apples  
Blackberries  
Black Raspberries  
Red Raspberries Summer  
Red Raspberries Fall  
Blueberries  
Cider  
Nectarines  
Peaches  
Pears  
Plums  
Strawberries

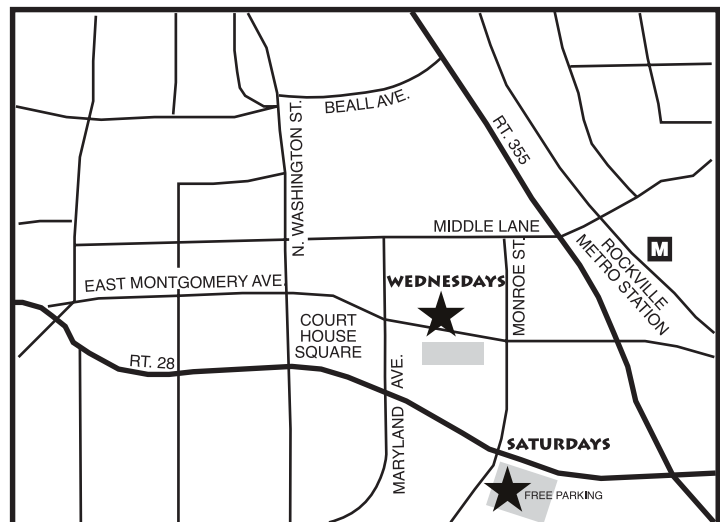
Availability  
Aug. 15-Nov. 5  
July 5-Aug. 1  
June 15-July 10  
June 15-July 10  
Aug. 5-Sept. 25  
June 20-Aug. 1  
Sept. 1 - Oct. 30  
July 25-Sept. 30  
July 5-Sept. 20  
Aug. 15-Oct. 15  
July 15-Sept. 15  
May 15-June 30



## AVAILABLE ALL SEASON

Perennials  
Cut Flowers  
Baked Goods  
Tomatoes  
&  
Apples

State WIC & Senior Coupons accepted.





# Theme Park Tickets

As in the past, the City of Rockville Department of Recreation and Parks, in cooperation with the Maryland Recreation and Parks Association (M.R.P.A.), is selling general admission tickets to area theme parks at a substantially reduced price. Why hassle with coupons and ticket lines at the park when one brief stop at City Hall will give you large savings and quick admission? All tickets entitle the participant to unlimited use of all attractions normally included in a full-price admission ticket obtained at the park. Tickets are good any day for the 2004 operating season except for special dates the park may be closed. This information is printed in brochures available at City Hall. Tickets may not be used with any other discount or coupon promotion.

## PURCHASE TICKETS AT:

- **Rockville City Hall, 3rd floor Recreation Desk**  
Mon.-Fri., 9 a.m.-4 p.m.
- **Twinbrook Community Recreation Center**  
Mon.-Fri., 6 a.m.-9 p.m. • Sat., 8:30 a.m.-9 p.m.  
Sun., 10 a.m.-5:30 p.m.

Sorry, we are not permitted to give refunds or exchanges. For information, please call the **AMUSEMENT PARK TICKET LINE** at **240-314-5024**.

	<u>Gate Price</u>	<u>Your Price</u>
<b>Busch Gardens*</b>		
Double/Fun++	\$46.95	\$39.50
Special Days (6/1-9/3)	\$46.95	\$33.00
++Tickets must be purchased before May 31, valid for any 2 days from 3/27/04-8/31/04. Parking: \$8 Opens: March 27		
<b>Water Country*</b>		
All Ages	\$34.95	\$24.00
Parking: \$8 Opens: May 15		
<b>Dorney Park*</b>		
Adult	\$35.75	\$25.00
Child	\$16.00	\$13.00
Parking: \$7 Opens: May 8		
<b>Dutch Wonderland*</b>		
All ages	\$26.95	\$21.00
Parking: Free Opens: May 8		
<b>Great Adventure**</b>		
Theme/Safari	\$48.75	\$26.00
3 Day/3 Park	\$64.65	\$46.00
Parking: \$10 Opens: April 2		
<b>Hershey Park*</b>		
Adult	\$37.95	\$28.00
Jr. (3-8)	\$21.95	\$20.50
Special days (7/20-8/13)	\$37.95	\$21.00
Parking: \$7 Opens: May 7		
<b>Kings Dominion*</b>		
Good Any Day Adult	\$43.99	\$29.99
GAD Child (3-6)	\$29.99	\$24.99
Early Purchase	\$43.99	\$24.99
(must be purchased by 6/13, can be used throughout the season)		
MRPA Days (7/3-7/18)	\$43.99	\$22.50
Teen Days (7/23-8/7)	\$43.99	\$22.50
Fall Fun	\$43.99	\$22.50
(9/3, 6, 11, 12, 18, 19, 25, 26, 10/16, 17, 23, 24, 30, 31)		
Parking: \$8 Opens: March 27		
<b>Sesame Place*</b>		
All ages	\$42.07	\$33.00
Parking: \$10 Opens: May 8		
<b>Six Flags America**</b>		
Good Any Day	\$39.59	\$23.00
Special Days	\$39.59	\$21.00
Season Pass	\$74.79**	\$62.00
Special days: 6/22, 6/29, 7/1, 7/6, 7/13, 7/22, 7/29, 8/5, 8/12, 8/17 & 8/19		
Parking: \$9 Opens: April 3		

\*Children are 2 and under

\*\*Children are 3 and under

# RedGate Municipal Golf Course

**240-314-8730**

## RESERVATION POLICY:

1. Reservations are taken 14 days in advance.  
All reservations are for 18 holes only.
2. We reserve every other tee time. Walk-ins are welcome.
3. To reserve a tee time through the internet:  
[www.rockvillemd.gov](http://www.rockvillemd.gov) and click on RedGate.
4. To make a tee time by phone, call 240-314-8730 and press <3>.
5. On the day of play, phone after 9 a.m. to reserve an 18 hole tee time. A Visa or Master Card is required.
6. To cancel a tee time or reduce the number of players, a two hour notice is required in order not to be charged.
7. Reserved times for 18 holes are taken only for twosomes, threesomes and foursomes.

## REDGATE GREENS FEES:

### 9 HOLES:

9 Holes, Mon-Thurs	\$19.00
9 Holes Resident, Mon-Thurs	\$17.00
9 Holes - Fri/Sat/Sun/Holidays	\$21.00
9 Holes - Residents, Fri/Sat/Sun/Holidays	\$19.00

### Juniors and Seniors

Juniors - 9 Holes, Mon-Fri	\$15.00
Juniors - 9 Holes Resident, Mon-Fri	\$13.00
Seniors - 9 Holes, Mon-Fri	\$16.00
Seniors - 9 Holes Resident, Mon-Fri	\$14.00

### 18 HOLES:

18 Holes, Mon-Thurs	\$31.00
18 Holes Resident, Mon-Thurs	\$28.00
18 Holes - Fri/Sat/Sun/Holidays	\$35.00
18 Holes - Residents, Fri/Sat/Sun/Holidays	\$32.00

### Juniors and Seniors

Juniors - 18 Holes, Mon-Fri	\$25.00
Juniors - 18 Holes Resident, Mon-Fri	\$23.00
Seniors - 18 Holes, Mon-Fri	\$26.00
Seniors - 18 Holes, Residents, Mon-Fri	\$24.00

### Cart Fees:

9 Holes:	\$9.50 - 1 person	\$19.00 - 2 people
18 Holes:	\$14.00 - 1 person	\$28.00 - 2 people

## NEW THIS YEAR

### Multiplay Cards

Buy 10 and receive five 18-hole rounds for free!

\*Mon-Thurs \$310.00

\*Resident, Mon-Thurs \$280.00

\*Seniors may use card their card on Fridays.

Juniors - Mon-Thurs \$250.00

Juniors - Resident, Mon-Thurs \$230.00

Buy 10 and receive four 18-hole rounds for free!

7 Day \$350.00

Resident, 7 Day \$320.00

## ADULTS

SUMMER 2004

## Adult Trips

**Registration for these trips begins today.** One week prior to trip, a letter with specific information will be mailed to each participant. If you do not receive one, call 240-314-8641. Most of our outdoor activities require some degree of physical fitness. If you are unsure of your abilities, or need tips on how to dress for an activity, please call the Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years old must be accompanied by an adult.

**Chesapeake Skipjack Sail**

Sail back into history aboard the Rebecca T. Ruark, the oldest skipjack on the Chesapeake Bay. Spend two hours with the entertaining Captain Wade, a third-generation waterman, hoisting sails, throwing a line, steering to an oyster bar, observing an oyster dredging demonstration and learning about the ecology of the Bay. Note: Bring money for a stop at a seafood restaurant on the way home! The cost includes transportation, leadership and fees. Register by: 4/28.

#10474 Sat May 8 12:30 pm-10:00 pm  
\$78(R)/\$90(N) Ages: 8 +

**Kayak the Piscataway**

Piscataway Creek has been home to Native American tribes and host to George Washington. Now this quiet Potomac tributary is surrounded by protected parklands. It's a great place to see bald eagles, osprey, beaver, turtles and Great Blue Herons. We'll kayak in the morning and picnic in the afternoon in Ft. Washington National Park. Note: All equipment is provided, just bring your picnic lunch. Cost includes outfitter's fees, transportation and leadership. Register by: 5/12.

#10475 Sat May 22 7:30 am-5:00 pm  
\$76(R)/\$95(N) Ages: 12 +

**Spring Mountain Hike**

Put on your hiking boots and head up to the Frederick watershed for this 8-mile circuit hike. The mountain laurel should be in full bloom adding to the beautiful scenery. This is a moderately difficult route over hilly and rocky terrain. Note: Bring your own picnic lunch. Cost includes transportation and leadership. Register by: 5/25.

#10668 Sun Jun 13 8:00 am-5:00 pm  
\$38(R)/\$47(N) Ages: 8 +

**The Producers Comes to D.C.**

Everything you've heard about this wonderful play is true! Join us in center orchestra seats at the Kennedy Center's Opera House for The Producers! Experience the biggest Tony Award winner in Broadway history, directed and choreographed by five-time Tony Award winner Susan Stroman. Register early. Tickets are selling out! Note: Cost includes ticket, transportation and leadership. Register by: 6/15.

#10518 Sat Jul 24 12 noon-6:00 pm  
\$100(R)/\$115(N) Ages: 10 +

**Art & Neighborhoods of Baltimore**

Visit the American Visionary Art Museum in the historic Federal Hill neighborhood of Baltimore. The Museum showcases art created by self-taught artists and has been described as one of the most fascinating museums anywhere in America. Spend the afternoon on your own exploring on foot or by water-taxi. You may choose Little Italy or Fells Point. Cost includes museum and water taxi fees, transportation and leadership. Register by: 7/18.

#10800 Sat Jul 31 9:00 am-5:00 pm  
\$44(R)/\$54(N) Ages: 8 +

**Hillwood Museum and Gardens**

Visit the Marjorie Merriweather Post estate with its fabulous collection of Russian and French fine and decorative arts. Tour the residence, extensive gardens and eat lunch (on your own) at the Hillwood Cafe. The cost includes leadership, tour, entrance fees and transportation. Register by: 8/10.

#10840 Sat Aug 21 9:30 am-4:00 pm  
\$49(R)/\$61(N) Ages: 10 +

**Lion King on Broadway**

See the spectacular Disney production of The Lion King on Broadway. Great seats, fabulous costumes and catchy, familiar music make for a special afternoon. There will be time before the show to spend as you wish. Join us for what promises to be a great day in New York City! Cost includes luxury motorcoach transportation, show tickets and leadership. Register by: 6/28.

#10801 Sat Jul 10 5:00 am-11:00 pm  
\$159(R)/\$199(N) Ages: 8 + Depart from: Rockville City Hall

**Women on the Move: See page 31.**

## Make Mine Manhattan

Join us for a day in New York City. We'll arrive midmorning and the day is yours to explore the Big Apple. Make your own plans to visit a museum or two, stroll through Central Park, shop on Fifth Avenue, catch a show or head downtown to Ellis Island. The possibilities are endless! Cost includes transportation and leadership. Register by: 6/28.

#10802 Sat Jul 10 5:00 am-11:00 pm  
\$55(R)/\$69(N) Ages: 8 + Depart from: Rockville City Hall



## Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of Maryland's history and folklore while enjoying these outings. The Appalachian Trail in Maryland has been divided into seven sections for day hikes. Earn a certificate and patch by hiking all seven sections. The trip leader will interpret points of interest. Wear broken-in hiking boots or sturdy shoes. Bring your lunch, rain gear and drinking water. Participants must be able to hike two miles over rocky hills without a break and complete the distance indicated. The cost includes transportation and leadership.

### AT Hike #2 - High Rock to Route 77

See Buzzard's Knob outcroppings, eat lunch at Little Antietam Creek, scramble over Devils Racecourse rock formations and pass a spruce forest. This portion of the Appalachian Trail features six and a half miles of moderate terrain with some hills. Note: Cost includes leadership and transportation. Register by: 5/1.

#10460 Sat May 15 8:00 am-5:00 pm  
\$42(R)/\$53(N) Ages: 8 +

## Vintage Virginia at Long Branch

Sample 'Vintage Virginia' and let us do the driving! Start the day with a tour of the historic Long Branch Farm. Host to this year's wine festival, it was built in 1805 by tobacco plantation owner Robert Carter Burwell. Following the tour, immerse yourself in the glories of the Virginia grape with the opportunity to taste wines from more than 40 wineries. There also are wine seminars, fine arts and crafts for sale and food vendors. Cost includes house tour, a wine glass, transportation and leadership. Note: additional costs for food and some activities. Register by: 5/23.

#10822 Sat Jun 5  
10:30 am-6:30 pm  
\$55(R)/\$69(N)  
Ages: 21 +



### AT Hike #3 - Route 77 to Route 40

See the remains of the Black Rock Hotel, a 1900's gambling house. After lunch at Black Rock, hike to the panoramic view and freshwater springs at Annapolis Rocks. This 9.4-mile hike covers moderately difficult terrain. Register by: 8/14.

#10835 Sat Aug 28 8:00 am-6:00 pm  
\$42(R)/\$53(N) Ages: 8 +

## South into Virginia!

Hike the Appalachian trail from Harpers Ferry to Keys Gap, a total of 6.3 relatively easy miles. There is an excellent viewpoint at Jefferson Rock as well as several rock redoubts, built as Civil War defenses for Harpers Ferry. Cost includes transportation and leadership. Register by: 7/7.

#10834 Sat Jul 17 8:00 am-6:00 pm \$42(R)/\$53(N) Ages: 8 +

## C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal from Cumberland to Georgetown in one-day trips. Earn a patch and a certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Don't be fooled, you still must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8641.

### C&O #6 - Point of Rocks to Riley's Lock

This 25-mile segment begins near the historic train depot in Point of Rocks, Maryland. You will see the Monocacy River aqueduct and have lunch at White's Ferry. The cost includes transportation of you and your bike and leadership. Register by: 6/30.

#10890 Sun Jul 11 8:00 am-6:00 pm \$42(R)/\$53(N) Ages: 12 +